AT A GLANCE

What to expect

Your first appointment is 55 minutes. We spend the first half of it working out what is actually going on — history, movement screen, and the specific thing you cannot currently do — and the second half starting treatment.

You leave with a written plan, two or three exercises you will actually do, and a realistic timeline. If physiotherapy is not the right answer, we will say so.

- No referral needed — book directly
- Evening appointments until 8pm on weekdays
- Written plan and exercise video links after every session
- Direct billing to most major insurers

55 min
FIRST SESSION

4.9/5
1,200 REVIEWS

Registered with the Health and Care Professions Council. Cancellations within 24 hours are charged at 50%.

FIND US

12 Quay Street
Ardmore, AR2 4TH
Second floor, above the chandlery

BOOK

01472 555 0142
hello@harbourphysio.example
harbourphysio.example/book

GETTING HERE

Five minutes from Ardmore station.
Two hours free parking on Quay Street.
Step-free access via the rear entrance.

Monday – Thursday	07:30 – 20:00
Friday	07:30 – 18:00
Saturday	09:00 – 14:00
Sunday	Closed

Not sure if we can help?

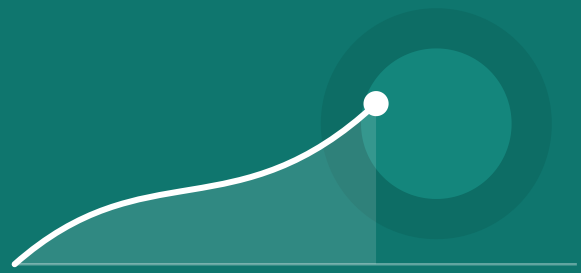
Ask for a free 10-minute phone consultation. We will tell you honestly whether physiotherapy is likely to help.

Harbour Physiotherapy Ltd, registered in England no. 09442817. Prices correct at time of printing and reviewed each April.

HARBOUR PHYSIO

Get back to the thing you stopped doing.

Musculoskeletal physiotherapy, rehabilitation and strength coaching in the centre of Ardmore.



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HOW WE WORK

Fewer exercises, done properly

Most people arrive having been given a sheet of twelve exercises they stopped doing in week two. We do the opposite: two or three movements, chosen because they address the specific limitation we found, progressed every time we see you.

That means each session starts by checking what changed. If an exercise is not producing a measurable difference within a fortnight, it is the wrong exercise and we change it rather than asking you to try harder.

- ✓ **Assess** — movement screen, strength testing and a clear explanation of the findings
- ✓ **Treat** — hands-on work where it helps, loading where it helps more
- ✓ **Progress** — measured every session, adjusted every fortnight
- ✓ **Discharge** — with a maintenance plan, not an open-ended appointment

> *"Two exercises. Two. After a year of a twelve-item sheet I never opened, I did two exercises and could run again by August."*
>
> CLIENT, RETURNED TO RUNNING AFTER ACHILLES TENDINOPATHY

SERVICES

What we treat and what it costs

All prices include the written plan and follow-up exercise videos. Block bookings of six sessions are discounted by 10% and are transferable between family members.

PHYSIOTHERAPY

Initial assessment — **£78**
55 minutes · full screen, diagnosis and first treatment

Follow-up session — **£58**
40 minutes · progression, hands-on work and reassessment

Extended rehabilitation — **£82**
60 minutes · post-surgical and complex presentations

Strength & conditioning — **£48**
45 minutes · gym-based, in our ground-floor studio

Running gait analysis — **£95**
75 minutes · treadmill video, footwear review, written report

Phone consultation — **Free**
10 minutes · is physiotherapy the right answer for you?

YOUR FIRST VISIT

From booking to back to it

You do not need a GP referral, and you do not need to know what is wrong. Bring the thing you cannot do and we will work backwards from there.

THE PROCESS

1. **Book** — online, by phone, or by walking in. Evening slots are the first to go.
2. **Arrive** — in clothing you can move in. Bring any scans or letters if you have them.
3. **Assessment** — we find the limitation, explain it in plain language, and start treatment the same session.
4. **Plan** — two or three exercises, a timeline and a written summary in your inbox that evening.
5. **Review** — we measure the change every session and progress or change the plan accordingly.
6. **Discharge** — with a maintenance routine and an open door if it flares up again.

> *"They told me at the assessment that I would need six sessions. It was six. Nobody in healthcare has ever given me a number that turned out to be true before."*
>
> CLIENT, SHOULDER IMPINGEMENT